

STRENGTHS

What am I really good at?
What do I do better than anyone else?
What advantages do I have that others don't?
What do others see as my strengths?
What resources/tools do I have or can draw from?
What skills do I have that will help me achieve my ATAR goal?
What personal qualities do I have that will assist with my studies?

Internal Origin

WEAKNESSES

What don't I do well? What limits me? What should I avoid?
What personal traits do I have that may hinder my success?
What personal qualities might I wish I had – but don't?
What areas can I improve on? What should I hone and practice?
What do others see as my weaknesses?
What tasks do I usually avoid doing?
What are the reasons behind my failures?
What are my negative study habits?
What fears do I have that may be holding me back?
What resources/tools am I lacking?
What skills do I lack that will help me achieve my ATAR goal?

Internal Origin

OPPORTUNITIES

What opportunities are open to me?
What trends could I take advantage of?
Are any of my competitors failing to do something important?
If so, can I take advantage of their mistakes?
What support is available to me? What/who can help me?
What resources could I benefit from?
How can I turn my strengths into opportunities?
How can I turn my weaknesses into opportunities?
How can I use my opportunities to improve my weaknesses?
What could I do today that isn't being done?

External Origin

THREATS

What threats could harm me?
What obstacles do I currently face where my studies are concerned?
Could any of my weaknesses prevent me from reaching my goals?
Do any of my strengths hold me back?
What restrictions are there on me?
What's changing in my life that could close options for me?
What threats can my weaknesses expose me to?
Do I have any obligations that may limit my chances of success?
Who are my competitors and what are they doing?
Where are there gaps in my resources or sources of help?

External Origin